

Retinol

Your doctor has prescribed a retinol. This type of medication helps to minimize your pores, reduce acne lesions, improve skin texture, reduce fine lines and wrinkles, and increase collagen. It may also help to improve sunspots as it decreases pigment production in the skin and promotes cellular differentiation and cell turnover.

Retinols are available in our office. Retinols are potentially less irritating and effective for skin rejuvenation. Our team can help you determine which product may be best for you.

How to Apply:

Retinols should be used sparingly (*only a pea-sized amount to cover the entire face*). They are typically applied at nighttime.

After cleansing your face, let it dry completely (*approximately 5 minutes*). Apply a pea-sized amount of retinol to your face and let it dry completely. If you are using a retinol for wrinkles, you may apply a very small amount to the crow's feet area around the eyes, but do not apply it to your eyelids. After the product has dried, apply a moisturizer to help decrease side effects.

Side Effects & Tips:

Side effects can include **peeling, irritation, and redness**. To limit this, start by using your retinol every other night or even every third night if you are particularly sensitive. Increase to nightly use as tolerated. If irritation occurs, decrease the frequency of use until your skin can handle it.

Another trick to minimizing irritation is mixing your retinol with a moisturizer before applying the mixture to your face. It can take your skin up to two months to get used to the retinol, and sometimes irritation will recur with seasonal changes.

Important Precautions:

- **Sun Sensitivity:** Retinol can make you sensitive to the sun, so it is important to use sunscreen daily.
- **Waxing:** If you are going to remove any hair from your face by waxing, you must stop your retinol for 7 days prior to waxing to avoid skin damage.